

CIPHI 2019 ANNUAL EDUCATION CONFERENCE EHFC STUDENT SPONSORSHIP

I would like to take this opportunity to thank the Environmental Health Foundation of Canada (EHFC) for sponsoring my attendance to the CIPHI conference this year. The educational conference was in Dartmouth, NS and the theme was “exploring the edge”. The activities that the committee set up for the group highlighted the local food and scenery. It was an enjoyable few days and an experience I will remember. Getting the chance to meet so many Public Health Professionals from across Canada was not only interesting but informative. This conference gave everyone attending the chance to share stories and experiences. The daytime meetings were educational and motivational. The evenings were spent socializing and getting a chance to make new friendships. The days consisted of workshops, networking breaks, exhibits, and guest speakers.

As I attended each of the lectures, I felt it was even more evident that I have chosen the right career path. The topics varied but the enthusiasm was the same for each public health issue addressed. The first workshop on Monday was on a study that showed the benefits of food handler training and food safety. The study confirmed that food handler training among staff lowers the number of deficiencies given by Public Health Inspectors (PHIs). The next lecture went over how to respond to blue green algae and the specifics on water sampling and testing. To hear about how wide-spread it is and how it has affected areas across Canada was surprising. Both sessions on Radon were informative and gave me the insight into how this health concern is continuing to be a major health risk. The fact that it is such a deadly gas, found in so many locations is something that makes it even more of an immediate concern. Another workshop went over the reprocessing of tools and how to properly use a sterilizer. Other sessions I attended included cold coffee and clostridium, nitrogen dioxide in a hockey rink and PHI safety in the field.

The Emcee, Stuart Knight, started the conference with his speech on five decisions successful people make. Another keynote was from a family doctor who works in the front line against opioid addiction. The MOH panel also touched on the opioid crisis during their health inequity discussion. The conference ended with Tareq Hadhad, who spoke about his chocolate operation in Antigonish. It was motivating to hear from someone who received guidance and help from PHIs in setting up and operating a very successful business. I saw how educating the public, and especially new residents to Canada, can really make a difference. There were many exhibitors present at the conference including pest control operators, the EHFC, CBU and TrainCan. The lectures, exhibitors and workshops were very beneficial to me as I am currently preparing for the Board of Certification (BOC). Getting the opportunity to discuss these public health concerns with a group of experienced PHIs was a great experience for the students in attendance.

The changing population and climate are certainly going to require some new approaches and initiatives. After attending this educational conference, I can see that Public Health Professionals are going to be a large part of this change. Each province has their own legislation and governing jurisdiction, but the goal remains the same, to protect the public's health and safety. Once again, I'd like to thank the EHFC for providing with me this great educational experience.

Submitted by Charles Young

Going to the 2019 National Canadian Institute of Public Health Inspectors (CIPHI) conference during September 8th - 11th was an eye-opening experience that started with hurricane Dorian that led to a power outage in Nova Scotia, where the conference was held this year. It is incredible how much our society relies on electricity for our everyday basic needs, especially places like the airport, hotels and the conference center. I went through the experience with no power, wondering how it would impact the conference and my stay in Nova Scotia. I must admit, I am not a fan of cold showers and eating in the dark. However, there would have been people in a far worse situation, who would not have had access to portable water and back up generators like the hotel and conference center had, so I can't complain. Once the power came back on, and the conference was up and running in full swing, I really enjoyed what Halifax, Dartmouth and the CIPHI conference had to offer.

Before attending the conference, my main objective was to network and learn about the different career opportunities that the conference had to offer. As a student who has recently graduated from the Bachelor of Environmental Public Health program at Conestoga College in Kitchener, Ontario, I am studying for my CIPHI certification and am ready to embark upon the

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beginning of my career in Public Health. The different opportunities that are available for my future and the various pathways I could take are essential to me for my professional development, and I can tell you, I came to the right place. Most of the people I talked to were either a Public Health Inspector or Environmental Health Officer, but there were a few professionals from different industries that had fascinating career stories as well. Many of the people that I talked to had a unique story on how they started in the field of Environmental Public Health and the career advice they offered me was very helpful and rewarding. One particular piece of valuable advice that I received was that I should get involved in the field of Environmental Public Health by volunteering in areas that will allow myself to explore, learn and grow within the industry during the time from when I complete the BOC (Board of Certification) oral exam in October 2019 to the time that I receive the results in December 2019. My future and the career I want to build are before me, and this conference has given me additional options to explore, more choices to choose from and opened my eyes to new possibilities.

Learning About Environmental Public Health Practice Across Canada

As I talked to various people from different areas of Canada, I found that the structures on how each province or territory delivers public health programs to their jurisdictions could differ. As an example, coming from Ontario, I am familiar with the localized public health units that provide local public health programs based on the needs of the population they serve while other provinces or territories have more of a, one health approach, where they serve one entity to avoid duplication and have more of an internal communication system. All structures have their positives and negatives, and each location is unique as they need to consider different factors. With the new possible changes in Ontario, I am interested in diving deeper into all kinds of structures to determine various methods of delivering valuable public health programs and possibly making improvements along the way. As I gain more experience in the field of environmental public health, I would be interested in reflecting upon my options and the choices that I make to measure my growth within a few years of experience in the industry.

All the break-out learning sessions that I attended throughout the three days were exciting and informative. I especially found the sessions helpful from a student perspective in studying for the board of certification exam. When I attended the *Echinococcus multilocularis* session I was surprised to learn how far and wide the parasite is becoming established in Canada, especially in Ontario. At first, I struggled to pronounce the name correctly and was focused on trying to memorize it. This session prompted me with a starting point on the parasite and has interested me in doing more in-depth research about the awareness of its prevalence in Canada. Another session of great interest was on cold brewing. I honestly thought when I first heard the term that it was referring to ice coffee and how they brew it as regular coffee and then chill it. However, I learned that it's an actual process that doesn't have a heat kill step and therefore increases the risk of foodborne illness.

Keynote Speakers

All the key speakers were fascinating and had good, valuable information to share. I've seen Stuart Knight, an Entrepreneur, a few times in the past and I thought I would hear the same thing twice. However, he brought new information with his usual positive upbeat style that he performs extremely well. I also enjoyed the doctor panel who spoke about health equity and Dr. Michael Gniwewek who talked about the opioid crisis. I found their presentations informative and intriguing. The one Keynote Speaker that stood out the most, in my opinion, was Stephen Jones and his presentation about mental health. I know of people who are struggling with mental health, and after hearing his presentation, I have a much better understanding and now realize that it is a long-term healing process rather than a simple phase or something that can be fixed by talking it out. In total there were nine presentations with varying topics that were not only informative but very interesting and enjoyable as well.

Conclusion

Overall, this conference was an excellent experience and since it was only a day or two after a hurricane, it will be most memorable as well. The opportunity to learn new things, network with various professionals and meet people from across Canada was very valuable, especially for someone looking to develop their career or expand their knowledge. I am grateful for the sponsorship from The Environmental Health Foundation of Canada and this excellent opportunity it had given me.

Submitted by Jordan Shorey

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Conferences are the platform where delegates, professionals, officers, and students share knowledge and learn from each other's experiences. I, Neha Arora, student of public health at Cape Breton University, Sydney, Nova Scotia going to discuss the aspect of what I learnt in the CIPHI Annual Educational Conference, exploring the edge, 2019 held in Double Tree by Hilton Halifax Dartmouth, NS from September 8-11 2019.

This conference gave me the opportunity to meet with Public Health Inspectors, keynote speakers, presenters, exhibitors and students from other provinces of Canada and some old friends. On September 7th, Hurricane Dorian arrived too and we lost power but the show must go on! Board members were prepared; we all received presentations in our emails. Fortunately, power was back before they actually started the presentations. There were very interesting keynote speakers every morning and mid of the day. Well, my favourite one was Stuart Knight. He is energetic, passionate and has strong voice. I believe everyone enjoyed his talks.

Furthermore, the presentations were amazing; delegates shared their experience, rules and regulation they follow in their provinces. Also, they discussed their mistakes from which we can learn. The two most interesting presentations I found were "Lead sampling protocols for school drinking water" by Lydia Ma, NCCEH and Enforcement challenges..."court dismissed" by Neila Correia/Michelle Martin. Moreover, the food was amazing. We had Vegetarian and non-vegetarian options and hot beverages. Networking breaks and lunch were the time I interacted most. Alongside, there were more than 10 booths in the hall; I was only familiar with the Food Safety Training. Rests all were new to me. I spent more time with national collaborating centres for public health and ABELL pest control booth. From one of the exhibitors, I came to know that next year New Foundland will open 3 practicum positions. I collected posters, pens, and a lot of informational and useful souvenirs. When I arrived home back, I pasted the temperature danger zone poster in my kitchen.

The closing keynote: Tareq Hadhad, owner of peace by chocolate company. He shared his stories, struggle and future dreams. He lost everything in his country and started from zero in Canada. His story was inspiring to me. I started seeing my life in a totally different way. In the end, it was not only about the educational meet, but we also went for outdoor adventures like boat tour and lobster dinner at Murphy's on the water. I am vegetarian but I learnt how to eat the Lobster. After attending this event I have a better understanding of the roles, fieldwork and the hard work of the public health officers. I personally say that those three days I had the feeling of unity. Together we can make a change! Big thanks to the Environmental Health Foundation of Canada for giving me the student sponsorship.

Submitted by Neha Arora

I am fortunate to have grown up in a beautiful small town located in New Brunswick. Following high school, I wanted to become an active member in society that generates significant impact and continue to improve myself. There were several individuals that I attended school with who have yet to further their education, because of lacking social determinants and still reside in the same town. Support should be brought upon their needs by using equitable approaches and addressing these health disparities. When I stumbled on the Public Health program at Cape Breton University, I knew it was my interest to keep the public safe, healthy, and educate its importance. I was fearful on how I could apply the principles of Public Health when I am faced with complex health issues in only a few years of studies. The Canadian Institute of Public Health Inspectors (CIPHI) conference held in Halifax 2019 provided many benefits other students and I such as, increasing our networking opportunities, and strengthening our knowledge from other departments.

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Between the information sessions, I took advantage of this time to introduce myself to inspectors, exhibitors, and presenters. The exhibits were exceptionally informative. I was invited to subscribe to the National Collaborating Centre for Environmental Health emails where I now can register for free online courses and participate in webinars. Reaching out to other professionals earlier in my career will allow me to know who address when in need. Advice was given from recent grads and younger inspectors. I was able to meet several members of the New Brunswick branch face to face. I have been struggling to find a practicum placement and have submitted my resume to the local branches in my home province. At this event, I was able to meet future employers face to face and was provided information on potential job and placement prospects for my home province.

Throughout the several information sessions I attended, I was able to learn from other branches. During their presentations they described in detail the importance of their work, solutions to tackle the concerns (new methods and tools), and ways to improve. Seeing professionals work together on projects made it clear that the quality of work from an individual can affect the quality of work of the entire project. I was also able to recognize material that I previously learned in class applied to the field. This provided an insight of what roles environmental health professionals perform. Without a doubt, the group enjoyed these social events as we managed to take a break from work/studies to look back on our hard work.

This summary of the Canadian institute of Public Health Inspectors (CIPHI) Conference 2019 outlined the benefits networking throughout your professional career and attending the information sessions. Making these connections and learning more about the role of a Public Health Inspector will help me advance in my field. Most importantly, the knowledge presented at the conference enables me to contribute a paradigm shift to my community and to others that are struggling. Public Health can reshape a community to make healthier and more safe choices. Moreover, it was my pleasure to take time to support CIPHI members and congratulate them on their efforts on maintaining a safe and health environment for Canadians. Thank you for sponsoring the students at Cape Breton University and providing with us with the opportunity.

Submitted Erin Lamey

I was one of the students granted sponsorship from the Environmental Health Foundation of Canada towards the registration fee for the CIPHI National Conference held in Dartmouth, Nova Scotia in September 2019. I am a student at Cape Breton University currently in my final year of the Bachelor of Health Science in Public Health. Following graduation in May I plan to complete both my required practicum and the Board of Certification exam allowing me to obtain CIPHI(c).

The conference was hugely beneficial for me and numerous other students who attended alongside me. Throughout the three days attendees were incentivised to network with various vendors from a wide range of fields during scheduled breaks. During these breaks I was able to speak to the CIPHI BOC booth who spoke about their journey after graduation and where they currently work. Another two vendors who stood out were the New Brunswick Government and Northwest Territory Government who both spoke about the roles a Public Health Officer may have in their jurisdiction. The New Brunswick Government informed us they aim to take on four English speaking students in the spring, giving us details surrounding the application process.

The Northwest Territory Government spoke about the benefits of living in Northern Canada as well as the requirements for successfully becoming an employee. I had the opportunity to speak with two different food safety licensing bodies, who spoke about very different things: (1) our ability to train food safety to groups, and (2) new programs such as marketplace food safety. Another vendor that stood out was the Environmental Health Foundation of Canada where we learned they provide free materials such as webinars and research articles on their website and emailing subscription list. Each and every vendor was informative as it show cased a wide range of potential employment routes, that otherwise I may have overlooked.

Another highlight from the conference was the variety of presentations each day. I was able to hear from Public Health Officers and other health professionals from across the country, with real life experiences and data. Some presentations which stood out to me particularly were: Clostridium and Cold Brew Coffee, New Brunswick Health Unit and Measles Outbreak, Opioid Addiction,

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Infection Control from Ontario and Vaping from Nova Scotia Health Authority. All of these topics are so relevant in today's society and really showed how our academic knowledge will need to be applied in the field. The presentations also demonstrated the potential collaborations you may be involved with once working in the field of Public Health, such as Canadian Food Inspection Agency, local health authorities, doctors, Indigenous communities, first responders and more.

Aside from the educational and professional development portions the recreational events were also enjoyable and beneficial. These events were a great way for students from across the country and globe to experience local cuisine and explore the city of Halifax.

The conference exceeded my expectations and I hope to annually attend. This was a great outlet for networking, sharing knowledge, and experiences with people who all have common interests.

Submitted by Stacey Goswell
